



Dear Friends and Neighbors,

Our office is proud to release the 2025 Older Adults Resource Guide, a comprehensive tool for seniors and their families. The guide includes critical information on health care, housing, transportation, and more—everything older New Yorkers need to live independently and with dignity. Stop by our office at 1485 York Avenue to pick up a free copy and explore the many resources available.

We continue to monitor the federal government shutdown and its potential effects on residents, particularly older adults who rely on SNAP, housing assistance, and access to healthcare. As Chair of the Assembly Committee on Aging, I am deeply concerned about how the shutdown threatens the well-being of vulnerable neighbors. I will continue to fight for protections for all constituents.

Transportation access remains a top priority. The MTA's modernization of Access-A-Ride will streamline paratransit service, improve real-time tracking, and provide cashless OMNY cards with free daily transfers. These upgrades are crucial as ridership grows and ensure that New Yorkers with disabilities can travel reliably and independently across the city.

We also want to ensure residents stay informed and safe from scams. Recent reports show inflation refund scams targeting New Yorkers, falsely claiming personal or banking information is required to receive payments. Remember: eligible residents do not need to apply, and legitimate government agencies will never request sensitive information by text, email, or phone.

Early detection of disease saves lives, and we encourage men ages 40–75 to take advantage of free prostate cancer screenings offered locally. Likewise, seasonal vaccinations, including the flu shot, remain an important way to safeguard your health this fall.

Please join us for a community event that our office is pleased to sponsor:

- **No-Cost Notary Public Service** at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets)
 - Mon, Wed, & Fri from 10:00 am to 1:00 pm
 - Tues, Thurs from 10:00 am to 12:00 pm
- Friday, October 10 from 10:00 am-5:00 pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **No Cost Flu Shot Clinic**. RSVP [here](#).
- Sunday, October 12 from 12:00 pm-5:00 pm at Carl Schurz Park (East 86 Street and East End Avenue): **Animal Care Centers of NYC (ACC) Mobile Adoption Event**
- Tuesday, October 14 at 3:30pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **No-Cost Housing Legal Clinic**
- Wednesday, October 15, from 10:00 am to 12:00 pm: **OMNY Bus** (York Ave/79th Street). Refill your OMNY card or apply for reduced fare
- Sunday, October 19 from 1:00 pm-3:00 pm at Carl Schurz Park: **Halloween Howl and Healthy Hound Fair**. Visit our table for information on dog licensing from the Department of Health!
- Wednesday, October 29 from 9am-5pm at the Community Office of Assembly Member

Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **No-Cost Prostate Screening with The Robert F. Smith/Mount Sinai Mobile Prostate Cancer Screening Unit** for men ages 40 – 75. [Click here to RSVP.](#)

- Friday, October 31 from 4:00 pm-5:00 pm at the Community Office of Assembly Member Rebecca Seawright, 1485 York Avenue (78th/79th Streets): **Halloween Trick-or-Treat Open House**
- Friday, October 31 from 4:00 to 7:00 pm on East 86 Street: **UES Community Unity Initiative's Second Annual Halloween Community Trick-or-treat Spooktacular.** Merchants can register [here](#).

As always, please consider our office your resource.

Phone: 212.288.4607
Email: SeawrightR@NYAssembly.gov

Sincerely,



REBECCA A. SEAWRIGHT

Your 2025 Older Adults Resource Guide is Here!



Looking for services and support for older adults in our community? The Office of Assembly Member Rebecca Seawright has released the 2025 Older Adults Resource Guide, packed with information on health care, transportation, housing, and more. Stop by 1485 York Avenue (between 78th & 79th Streets) to grab your free copy today!

Louis Armstrong House Museum Designated as NYC Cultural Institutions Group at Historic Ceremony



Assembly Member Rebecca Seawright attended the October 2025 announcement that the Louis Armstrong House Museum officially designated New York City's Cultural Institutions Group, securing ongoing city support. She was joined by her spouse, Jay Hershenson, Board Chair of the museum and Vice President at Queens College.



Jay Hershenson and Laurie A. Cumbo, Commissioner of Cultural Affairs for New York City. The Louis Armstrong House Museum, which preserves the landmarked home and archives of jazz icon Louis Armstrong, develops programs grounded in artistic excellence, education, and community. In 2024, it was honored with the United States National Medal for Museums and Libraries, recognizing its outstanding contributions to the community.

Assembly Member Seawright Attends Marlene Strauss Lecture on Art



Assembly Member Rebecca Seawright recently attended the Marlene Strauss Lecture on Art at the 92nd Street Y with Annette Mandel and Louise Braver. The lecture explored the provocative and influential works of 20th- and 21st-century artists, examining how their personal lives and bold artistic choices shaped modern art.

Congratulations to Andi Stark on her outstanding tablescape partnered with Christofle



Celebrate National Adopt-a-Dog Month with Team Rebecca



**Office of Assembly Member
Rebecca Seawright
&
Animal Care Centers of NYC**

Mobile Adoption Event

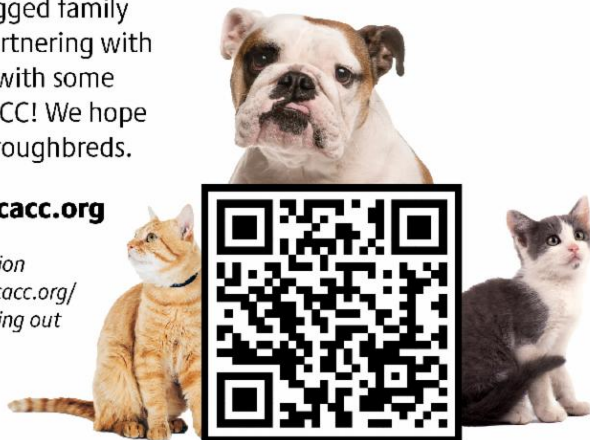
Sunday, October 12 | 12-4pm
East 86 Street & East End Avenue



Looking to adopt a new four-legged family member? We're happy to be partnering with ACC to host an Adoption Event with some incredible cats and dogs from ACC! We hope you'll stop by to meet some boroughbreds.

View all available animals at nycacc.org

Adoption events are subject to cancellation due to rain. Please make sure to visit nycacc.org/adoptionevents for updates before heading out to one of our events!



For more information about this free event or any other community concern, please call 212-288-4607 or email SeawrightR@NYAssembly.gov

October is National Adopt-a-Dog Month, and we're hosting a pet adoption event on Sunday, October 12, from 12-4 p.m. at Carl Schurz Park (East 86th Street & East End Avenue). Come meet loving dogs in need of homes and support local animal rescue efforts.

New York City shelters are facing a growing crisis, with high intake numbers and overcrowding putting animals at risk. In a recent case, over 80 dogs were rescued from a hoarding situation in Brooklyn, including a dog that gave birth during the rescue. Sadly, the homeowner passed away, leaving dozens of dogs in urgent need of care.

The Animal Care Centers of NYC (ACC) is doing critical work to care for these animals and help get them

“forever” homes. Stories like these highlight the importance of adoption, fostering, and supporting shelters to give animals a second chance.

Join us at Carl Schurz Park to meet adoptable dogs, learn about fostering, and help address the ongoing needs in our city’s shelters. Every adoption, foster, or donation makes a difference.

For more information, contact our community office at 212.288.4607 or email SeawrightR@NYAssembly.gov

Learn more about supporting NYC shelters at <https://www.nycacc.org/>

Federal Government Shutdown Update

Governor Kathy Hochul addressed the impending federal government shutdown, highlighting its potential impact on New Yorkers, including tens of thousands of federal employees, active-duty military members, and essential service workers who could face delayed pay. She emphasized that New York State will take steps to support affected residents and mitigate local impacts.

Assembly Member Rebecca A. Seawright, Chair of the Assembly Committee on Aging, expressed concern about the effects on older New Yorkers:

“As Chair of the Committee on Aging, I am deeply concerned about the devastating impact this reckless shutdown will have on older New Yorkers. Seniors across our state depend on SNAP, housing assistance, and access to health care to live with dignity. Stripping away these lifelines is not only irresponsible — it is cruel. I stand with Governor Hochul and my colleagues in calling out Trump and Washington Republicans for putting politics over people and endangering the health, safety, and well-being of millions, especially our most vulnerable neighbors.”

Residents can follow updates from the Governor’s office as the situation develops.

[Watch the Governor’s remarks on YouTube](#)

MTA Announces New Technology for Access-A-Ride

The Metropolitan Transportation Authority (MTA) is introducing new technology to modernize its Access-A-Ride booking and tracking systems. The upgrade follows record ridership this summer, with more than 950,000 trips completed each month and more than 97% of trips on-time.

Assembly Member Rebecca Seawright, Chair of the Assembly Committee on Aging, noted that Access-A-Ride is a vital service for New Yorkers living with disabilities and that modernizing paratransit helps ensure reliable and equitable transportation.

The new system will streamline trip booking, improve real-time tracking, and provide customers with AAR OMNY ID cards for cashless fare payment and free daily transfers across MTA transit services.

Protect Yourself from Inflation Refund Scams

New Yorkers beware scammers who are falsely claiming that residents must provide personal or banking information to receive their inflation refund checks. Eligible New Yorkers do not need to apply, sign up, or provide any personal information to receive their payments. Checks are being automatically sent to households that meet eligibility requirements, with deliveries continuing through October and November.

Scammers may contact you via text, email, voice messages, or direct mail. The New York State Tax Department and IRS will never request personal information this way. Residents are urged to remain vigilant, block suspicious messages, delete them, and report scams to the Tax Department or IRS.

Tips to protect yourself:

- Hang up on threatening tax calls.
- Never provide personal information or meet someone in person claiming to be a tax representative.
- Avoid clicking links or providing data in suspicious emails or texts.

For more information on eligibility and how to report scams, visit [NY.gov Inflation Refund](#) and the Division of Consumer Protection’s Taxpayer Scam page. You can also call the Consumer Helpline at 800-697-1220 for identity theft prevention guidance.



2025 Public Hearings

Public hearings will be held in each borough on the following dates for NYC Aging's Annual Plan Summary of 2025-2026 for services under the Older Americans Act, the New York State Community Services for the Elderly, and the Expanded In-Home Services for the Elderly Programs.

To register for the hearing or submit testimony, please email testimony@aging.nyc.gov or mail to NYC Department for the Aging, 2 Lafayette Street, 4th Floor, New York, NY 10007.

Queens Sunnyside Older Adult Center
October 9, 2025 43-31 39th Street
10AM-12PM Sunnyside, NY 11104

Manhattan Gaylord White Older Adult Center
October 16, 2025 2029 Second Avenue
10AM-12PM New York, NY 10029

Bronx Bronxworks Morris Older Adult Center
October 22 2025 80 East 181st Street
10AM-12PM Bronx Bronx, NY 10453

Staten Island JCC Bernikow Older Adult Center
October 23, 2025 1466 Manor Road
10AM-12PM Staten Island, NY 10314

Brooklyn St. Charles Jubilee Older Adult Center
October 28, 2025 55 Pierrepont Street
10AM-12PM Brooklyn, NY 11201

The New York City Department for the Aging (NYC Aging) is holding its Annual Plan Summary Hearings across all boroughs this October. These hearings are an important opportunity for older adults, community partners, advocates, and elected officials to provide input on NYC Aging's strategic goals, programs, and priorities.

The Manhattan hearing will take place on:

Thursday, October 16, 10:00 AM – 12:00 PM

This is an open forum for public testimony—there will be no presentation. Attendees are encouraged to review the Annual Plan Summary beforehand, [available on the NYC Aging website](#).

To register or submit testimony, email testimony@aging.nyc.gov or mail to:

NYC Department for the Aging
c/o Charise Lawrence
2 Lafayette Street, 4th Floor
New York, NY 10007

Consider Our Office Your Resource

☐ Restaurant Accelerator & Community Fund Grant

National ACE, in partnership with Grubhub, has opened applications for the 2025 Restaurant Accelerator and Community Fund Grant. Independent restaurants can apply through October 24 for the chance to participate in virtual accelerator sessions this November and become eligible for a \$5,000 Community Fund Grant. The program is designed to help small restaurants grow, innovate, and thrive. Learn more and apply at nationalace.org.

FAFSA & TAP Applications Now Open!



The federal Free Application for Federal Student Aid (FAFSA) form and the New York State Tuition Assistance Program (TAP) application are now open! These applications are the gateway to crucial federal and state financial aid that helps students pursue higher education.

Completing the FAFSA is the easiest way to apply for TAP—students can link directly to the TAP application from the FAFSA submission confirmation page. Learn more about TAP [here](#).

Each year, millions of dollars in financial aid go unclaimed in New York because students do not submit the FAFSA. Last year alone, more than \$200 million in federal aid was left on the table. To help boost completion rates, the SFY 2024-25 enacted budget now requires school districts to ensure that all graduating high school seniors complete either the FAFSA or a waiver form.

Don't miss out—apply today to make sure you get the financial aid you deserve!



NO-COST NOTARY PUBLIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM-1PM	10AM-12PM	10AM-1PM	10AM-12PM	10AM-1PM



METROCARD/OMNY BUS

**STOPS HERE
(79/YORK):**

WED. 10/15, 11/5

10:00 AM - 12:00 PM

**REFILL YOUR
METROCARD/OMNY
CARD**

**APPLY FOR
REDUCED FARE**

Resources

Cash Assistance & Benefits Security

Cash Assistance Skimming Alert: Beware of electronic theft of EBT benefits via skimming or phishing. To learn more or file a claim for stolen Cash Assistance benefits, visit: nyc.gov/hra/benefitreplacement

Paid Family Leave

Since 2018, New York's Paid Family Leave program has supported thousands of working families. Benefits and wage replacements increase annually with the NY State Average Weekly Wage. Learn more about 2025 benefits at: paidfamilyleave.ny.gov/2025

Tax Credits & Financial Assistance

Empire State Child Credit: Over 1.5 million eligible New Yorkers will automatically receive supplemental payments based on this credit. No action needed. Details: [Additional Empire State Child Credit Payments](#)
Unclaimed Funds: Check for unclaimed money you may be owed at: osc.ny.gov/unclaimed-funds

Energy & Heating Assistance

Energy Affordability Program: Income-eligible consumers may get discounts on electric/gas bills. Info and forms: [ConEd Energy Affordability Program PDF](#) or call 800-752-6633 (seniors: 800-404-9097).
Regular HEAP Benefit: The 2024–25 season is open. Eligible households can get help paying heating bills. Details: otda.ny.gov/programs/heap
Cooling Assistance: HEAP also covers fans and AC units for qualifying households: otda.ny.gov/programs/heap/#cooling-assistance

Health Insurance & Counseling

Qualified Health Plans: Enroll by the 15th for coverage the following month with new cost-sharing savings. Info: nyc.gov/health/healthcoverage or call 347-665-0214.
HIICAP: Free counseling on Medicare, Medigap, and long-term care insurance. Call 1-800-701-0501 or visit aging.ny.gov/hiicap.

Housing & Tenant Rights

Renters Rights: NYC tenants are protected against unsafe living conditions, harassment, and discrimination. See the [Tenant Bill of Rights](#).
Homeowner Handbook: A resource to help NY homeowners manage responsibilities and find assistance. View at homeownerhelpny.org/handbook.
Discrimination Reporting: File discrimination reports by phone at (844) NYS-DHR1 or (844) 697-3471.
Rent Protection & Resources: NYC tenants can check rent increase legality and get help at GoodCauseNYC.org.

Food Assistance

SNAP Benefits: Simplified one-page applications, longer recertification periods for seniors, and no interview needed for recertification. Learn more and apply online.
Health Bucks: At NYC farmers markets, spend \$2 in SNAP/EBT/Summer EBT and get \$2 bonus Health

Bucks for fresh produce, up to \$10 per visit. Info: grownyc.org/greenmarket/ebt/nutritionprograms.

Transportation

MTA Reduced-Fare Program: Half-fare benefits are moving to OMNY. New cards should have arrived; continue using MetroCards meanwhile. Check updates at MTA Reduced-Fare OMNY info.

MTA Mobile Sales: Services include reduced-fare applications, OMNY sign-ups, card balance transfers, and lost card reports. Schedule at mta.info/fares/mobile-sales.

Congestion Pricing: Tolls apply entering Manhattan south of 60th St. Discounts and exemptions available. Details: mta.info/discounts and congestionreliefzone.mta.info.

Emergency & Community Resources

Mental Health Hotline: Call 988 for mental health support; call 911 for emergencies.

Community Health Advocates: Help with medical bills and insurance issues at 1-888-614-5400.

NYC Emergency Alerts: Sign up for Notify NYC at nyc.gov/notify or call 311.

Animal Care Centers: Due to temporary dog intake suspension, ACC urges adoption. Visit local centers or website for info.

Curbside Composting: Available citywide weekly on recycling day. Details: nyc.gov/curbside-composting.

Identification

New York Mobile ID: Carry a secure digital ID or driver's license on your phone. Learn more and download the app.

NYC Infrastructure

NYCDOT Street Work Permit Maps: View active street work permits for your district at nycdot.info.

Upcoming Events



Lenox Hill Neighborhood House September Calendars for Older Adults

The September Activity Calendars for our Older Adult Centers are filled with enriching excursions, arts and fitness programs, daily farm-to-table meals—and more! Don't miss out on 100+ FREE weekly activities. [Click here](#) for more information or call 212-218-0319.

[Click here for more information](#)

OCTOBER EVENTS AT *Search and Care*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 TEA & CREATIVITY (IN-PERSON) 2:30PM - 4:30PM	PET PRO WORKSHOP: UNDERSTANDING VACCINES (IN-PERSON) 11:00AM - 12:30PM	4
5 	6 MORNING MEDITATION (ZOOM) 11AM - 12PM	7 HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM	8 READING ROOM (ZOOM) 11AM - 12PM OT INTERN GROUP (KNICKERBOCKER PLAZA) 1PM - 2PM VOCAL EASE LIVE (BRICK CHURCH) 2PM - 3PM	9	10 DECLUTTERING W/ MILLIE (ZOOM) 2PM - 3PM MOVIE CLUB "DADDY DAYCARE" 2:30PM - 4:30PM	11
12	13 COLUMBUS DAY OFFICE OPEN W/ LIMITED SERVICES	14 HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM	15 READING ROOM (ZOOM) 11AM - 12PM	16 MEDICATION EDUCATION W/ DR. LUBA (IN-PERSON/ZOOM) 11AM - 12PM	17 MYCHART ASSISTANCE EVENT	18 TECHNOLOGY HELP EVENT (IN-PERSON) 11AM - 2PM
19	20 MORNING MEDITATION (ZOOM) 11AM - 12PM NUTRITION GROUP (ZOOM) 2PM - 3PM	21 LET'S TALK MONEY! (IN-PERSON/ZOOM) 12PM - 1PM HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM WRITING GROUP (IN-PERSON/ZOOM) 3PM - 4PM	22 OT INTERN GROUP (KNICKERBOCKER PLAZA) 1PM - 2PM READING ROOM (ZOOM) 11AM - 12PM	23 TECH TALK W/ALEX: HOW TO TAKE PHOTOS (IN-PERSON/ZOOM) 12PM - 1:00PM	24 TECH GAMES (ZOOM) 11AM - 12PM DECLUTTERING W/ MILLIE (ZOOM) 2PM - 3PM MOVIE CLUB "THE MASK" 2:30PM - 4:30PM	25
26	27 MORNING MEDITATION (ZOOM) 11AM - 12PM	28 CLIENT ADVISORY COMMITTEE (IN-PERSON/ZOOM) 1PM - 2PM HEALTH FOR THOUGHT (IN-PERSON/PHONE) 2PM - 3PM WRITING GROUP (IN-PERSON/ZOOM) 3PM - 4PM	29 READING ROOM (ZOOM) 11AM - 12PM	30 TEA & CREATIVITY (IN-PERSON) 2PM - 4PM	31  HAPPY HALLOWEEN	

OCTOBER IN-PERSON EVENTS

TEA & CREATIVITY - 10/2 & 10/30
MOVIE CLUB - 10/10 & 10/24
MEDICATION EDUCATION - 10/16
WRITING GROUP - 10/21 & 10/28

OCCUPATIONAL INTERN GROUP - 10/8 & 10/22
HEALTH FOR THOUGHT - EVERY TUESDAY
LET'S TALK MONEY! - 10/21
TECH TALK W/ALEX - 10/23
ADVISORY COMMITTEE - 10/28

To join any group/event, please contact
Jacob at (212) 289-5300 Ext. 218 or
jagonzalez@searchandcare.org

[Click here for more information](#)



HEALTH ADVOCATES
FOR OLDER PEOPLE

OCTOBER 2025 CALENDAR

Weekly Class Schedule: **Check the Health Advocates Daily and Weekly Schedule for Zoom links, other details, and updates on closures.**
All classes are 1 hour unless otherwise noted.

Sunday	Monday HA office closed 10/13	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm Exercise with Stephanie Zoom	10:30am Central Park Walk *WALKS ARE BACK! with Deborah 5 th and 61 st , MET	10:00am Alexander Technique with Kim 341 E. 87 th St., CHT and on Zoom	9:00am Chair Yoga with Stephanie on Zoom 9:30-11am Regis Tech & Errand Help 341 E. 87 th St., CHT By appointment	10:15-11:00am Strength & Tone with Reggie 821 Madison Ave., MAPC	10:00am Chair Yoga with Stephanie 341 E. 87 th St., CHT and on Zoom	11:00am-1:00pm Tech Help 404 E. 87 th St., SJC By appointment
	12:00 pm Bone Health: Exercises and Information for Healthy Aging with Lynn on Zoom 2:00pm Reiki Self-Healing with Wendy Zoom	1:30pm Chair Yoga with Eve Zoom 3:00pm Tai Chi with Thuha Zoom	11:00am Chair Yoga for Strength & Balance with Jana 7 West 55 th St., FAPC 1:00pm Writing Workshop with Kathleen 341 E. 87 th St., CHT	11:00am Tai Chi with Luc 2 E. 90 th St., CHR No class 10/2 12:00pm Essential Movement for Healthy Aging with Lynn on Zoom	12:00-4:00pm Scrabble and Rummikub 341 E. 87 th St., CHT 3:00-3:50pm Tai Chi with Thuha 109 E. 50 th St., SB Gym	11:00am Chair Yoga with Carol 404 E. 87 th St., SJC
	4:30pm Dance with Alex 318 E. 68 th St., CHT No class 10/13		1:00pm *NEW TIME* Tai Chi with Luc 2 E. 90 th St., CHR No class 10/1 2:30 - 4:30pm BAKG Open Poker *NEW TIME* 341 E. 87 th Street, CHT	12:30pm Strength & Tone with Reggie 50 West 131 st , AT	3:00pm Advanced Harmonica with Jiaqi on Zoom 4:00pm Beginner Harmonica with Jiaqi on Zoom	1:00pm Movie (see pg. 2) 404 E. 87 th St., SJC

LOCATION GUIDE: AT: Assyrian Towers, 50 West 131st Street; CHT: Church of the Holy Trinity, 341 East 87th Street; or 318 East 86th Street, Lower Level; CHR: Church of the Heavenly Rest, 2 East 90th Street; FAPC: Fifth Avenue Presbyterian Church, 7 West 56th Street; MAPC: Madison Ave Presbyterian Church, 821 Madison Ave., 73rd Street; MET: Met accessible entrance, 5th Ave. and 61st Street; SJC: St. Joseph's Church, 404 East 87th Street; SB: St. Bartholomew's Church Gym, 109 East 50th Street.

[Click here for more information](#)



**Community Board 8
Manhattan
Presents**

ART SHOW

on the East Side

**Saturday, October 04, 2025
11 am to 4 pm**

Rain Date: October 05, 2025

**James Cagney Place
East 91st Street, Between 2nd and 3rd Avenues**

 cb8m.com  [@CB8M](https://twitter.com/CB8M)

  [@CB8Manhattan](https://www.instagram.com/CB8Manhattan)



CITY OF FOREST DAY

12 PM - 4 PM SAT - OCTOBER 4, 2025
LIGHTHOUSE PARK*, ROOSEVELT ISLAND

*weather location Good Shepherd Church



Photo: Ghila Krajzman

- NOON - 2 PM** Community Tree Care Mulching + Healthy snacks with Coler, Taste Poppa's Pantry Bites + Sample Forest-inspired scented body butters by Niava's Body Bar, Cake by Andrea Jackson
- 2:00 - 2:30 PM** Bunny Made Tea Storytime with author Amanda Baehr Fuller
- 2:30 - 3:30 PM** Jody Sperling Time Lapse Dance 45 min Performance + "Communi-tree" workshop for all ages after the show



iDig2Learn is a project of Open Space Institute, a nonprofit 501(c)3 public charity.

Saturday, October 4

Roosevelt Island City of Forest Day – 910 Main Street & Lighthouse Park, 12–4pm

Tree care, a dance performance by Time Lapse Dance Ensemble, plus snacks from Poppa's Pantry and natural products from Niava's Body Bar. (Rain location: Good Shepherd Church, 543 Main Street.)

Sunday, October 12

Schurz Park Harvest Festival – Carl Schurz Park, 1–3pm

Pumpkin picking and decorating, arts & crafts, a spooky trail, and a free family concert with Patrick and the Rock-a-Silly Band.

Sunday, October 19

Halloween Howl & Healthy Hound Fair – Carl Schurz Park, 1–3pm

Over 200 pups in fabulous costumes parade before a panel of fashion judges. Free and unforgettable!

Art Installation at Franklin D. Roosevelt Four Freedoms Park

Through November 10, visit Franklin D. Roosevelt Four Freedoms State Park on Roosevelt Island for "Camouflage" by Ai Weiwei.

This powerful installation transforms the park into a space for reflection on freedom, conflict, and our shared humanity.

Admission: Free (timed-entry tickets required)

Get Tickets: <https://www.fdrfourfreedomspark.org/art-x-freedom/>

Experience this thought-provoking work while enjoying the park's stunning views of the East River and Manhattan skyline.



**Rebecca
Seawright**
ASSEMBLY MEMBER



No- Cost Flu Shot Clinic

Friday, October 10

10am-5pm

**Community Office
1485 York Avenue
(78/79 Streets)**

SCAN FOR APPOINTMENT



**Appointment required:
Call 212-288-460 or email
SeawrightR@NYAssembly.gov
to reserve your flu shot.**

**Please bring insurance card
and identification.**



Drug Mart

Proudly Serving New York City

[Make an appointment](#)

Assembly Member Rebecca Seawright

and Mount Sinai Robert F. Smith



Mobile Prostate Cancer Screening Unit

Present No-Cost Prostate Cancer Screenings

Wednesday, October 29
9 am – 5 pm
1485 York Avenue (78/79 Streets)



No Health Insurance Needed



Walk-Ins Are Welcome



Age 40 and Above

This is a simple blood test. Appointments take 5-6 minutes. **Free**/no insurance required. Results may be available within 2-3 days. All men 40 and older should be screened every year. Walk-ins are welcome.

Prostate Cancer Facts

2nd

most common form of cancer in American men, right behind skin cancer.

About

1 in 40

American men will die of prostate cancer.

About

1 in 8

American men will develop prostate cancer at some point in their lives

In Black men, there is a

70%

higher rate of developing high-risk prostate cancer, and they are also more than twice as likely to die of it.

For more information, please visit:

mountsinai.org/prostatecancerscreening

Call for an appointment at 646-531-8092

Email: prostatecancer@mountsinai.org



For more information about this event or any other community or legislative issue, please contact Assembly Member **Rebecca A. Seawright** by calling 212-288-4067 or emailing SeawrightR@NYAssembly.gov.

Interest form

MV4NY ENVIRONMENTAL STEWARDSHIP DAY



at Ruppert Park
(1741 2nd Ave.)

**Beautify, Plant & Mulch –
Arts & Crafts, Music –
Refreshments & more...**

A Free Family Event

Saturday, October 18, 2025
10:00 am to 1:00 pm

(Rain date: Sunday, October 19)



Organized by Muslim Volunteers for New York, Inc.
www.mv4ny.org - @mv4ny - #giveservegrow

Support provided by NYC Parks, Partnership for Parks
& Council Member Julie Menin

Registration Link: **MV4NY Ruppert Park Beautification Day**

ALL EVENTS @:
Andrew Haswell
Green Park at 60th St &
the East River Waterfront
Esplanade

October on The Esplanade!

Sponsored by EsplanadeFriends.

CityParks PuppetMobile

Sunday, October 19 | 11AM |

Pippi Longstocking!

Puppet Show

Plus some added fun
and free treats after the
show.



Come dressed as Pippi!

Subject to weather cancellation. Rain date Sunday,
October 26.

EsplanadeHalloween Spooktacular!

Saturday, October 25 | 1-4PM |

Live 🎵 music by Fan Favorite Band NOIZ!

Best of Rock, R&B and Soul.

Face Painting!

Halloween Crafts!

Free Ice Cream.

***And more Fun For Kids (of all ages)!**

Costumes encouraged!

All With A Spectacular Water View!

Subject to weather cancellation. No rain date. *While supplies last

SPONSORED BY:

**FRIENDS
OF THE
EAST
RIVER
ESPLANADE**

🌐 EsplanadeFriends.org

📷 @EsplanadeFriend

DONATIONS



ALSO IN OCTOBER:

**EsplanadeYOGA! with
IronStrengthNYC**

Saturday, October 11 2PM

Registration Required Email:

ExecutiveDirector@EsplanadeFriends.org





Health Advocates for Older People
presents

Who Makes NYC Run?

*with Diane Burrows, Speakers Bureau,
League of Women Voters of the City of New York*

**Thursday, October 23rd, 3pm-4pm
on Zoom**



Before early voting begins on October 25th, join us for a nonpartisan guide to voting in NYC!

We'll learn about what each elected official in New York City does, ballot measures in this election, and how to increase your civic participation outside of the ballot box.

Sign up with this link:

<https://us02web.zoom.us/j/81541019392?pwd=RE56OE96MlVlVWhVeE5rWE5lWEc3dz09>.

We will also stream the Zoom at Church of the Holy Trinity, 341 E. 87th Street.

If attending the Zoom stream in person,
please RSVP to 212-980-1700, ext. 206 or info@hafop.org.

Health Advocates for Older People promotes safe and healthy aging for New Yorkers. Our programs are supported through generous donations from individuals, foundations, and government agencies.
Visit www.hafop.org to learn more and get involved.

Health Advocates for Older People

420 Lexington Ave., suite 1402 | New York, NY 10170 | 212-980-1700 | www.hafop.org

[Register Here](#)

ASPHALT GREEN & COUNCILMEMBER JULIE MENIN PRESENT

ASPHALT SCREAMS

THE UPPER EAST SIDE'S BIGGEST HALLOWEEN EVENT

OCTOBER 24
2:30-6:30PM

ON LITWIN FIELD AND 90TH STREET

HAUNTED MAZE

GAMES & INFLATABLES

STREET FAIR VENDORS



FREE FOR ALL

ARRIVE IN COSTUME

FAMILY-FRIENDLY

RSVP AT ASPHALTSCREAMS.COM

555 E 90 ST. NEW YORK, NY 10128



**Asphalt
Green**

ROOSEVELT ISLAND

HALLOWEEN

Extravaganza and Parade

Rain date: 10/26

OCTOBER
25
11am-3pm



Costume Parade | Marching Band | Food
Carnival Games | Rides | Giveaways

To participate in the parade, please wait
inside Capobianco Field at 10:15AM. The
parade will begin at 10:45AM.



SOUTHPOINT PARK



Roosevelt Island
Operating Corporation

BACK BY POPULAR DEMAND, FOLLOWING LAST
YEAR'S SUCCESS!

THE
UES COMMUNITY
INITIATIVE'S
SECOND ANNUAL

HALLOWEEN COMMUNITY
TRICK OR TREAT

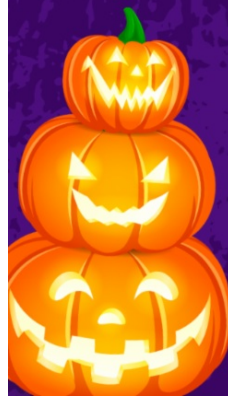


SPOOKTACULAR

FRIDAY, OCTOBER 31, 2025
4:00 PM TO 7:00 PM
YOU SUPPLY THE TREATS,
WE SUPPLY LOCAL FAMILIES!



<https://bit.ly/UEShalloween2025>
Merchants Register Today!





THE 14TH ANNUAL

SPOOKTACULAR

PRESENTED BY



CARNEGIE HILL
NEIGHBORS

FRIDAY, OCTOBER 31, 2025 | 4-5:30 PM

E 92ND ST (PARK AVE - FIFTH AVE)

A BLOCK PARTY FEATURING

CANDY · DJ & DANCING · COSTUME FUN FOR ALL AGES

FREE & FAMILY-FRIENDLY · NO RSVP NEEDED!

TWO SPOOKY ZONES:

HIGH-ENERGY BLOCK - GAMES, DANCING & UPBEAT FUN!

(MADISON TO PARK)

CHILL ZONE - LOW-SENSORY FUN (FIFTH TO MADISON)

CARNEGIEHILLNEIGHBORS.ORG



I absolutely love Fall in NY!



Autumn has to be New York's most beautiful season, right? To take advantage of this gorgeous time of year, visit www.iloveny.com/things-to-do/fall/ and check out the fall foliage report [here: www.iloveny.com/things-to-do/fall/foliage-report/](http://www.iloveny.com/things-to-do/fall/foliage-report/). Fall in love with fall in NY!

Weekly Greenmarkets

Every Saturday – 82nd Street / St. Stephen’s Greenmarket
82nd Street between First & York Avenues, 9am–2:30pm

A year-round favorite where the church courtyard and sidewalk bustle with shoppers. Shop fruits, vegetables, baked goods, cheese, fish, chicken, grass-fed beef, goat meat, and more from:

American Pride Seafood, Sikking Flowers, Bread Alone, Tivoli Mushrooms, Hudson Valley Duck, Walnut Ridge, Haywood’s Fresh, Samascott & Nine Pin Ciderworks, Gayeski Produce, Valley Shepherd, Hawthorne Valley, and Cherry Lane Farms.

Every Sunday – Ruppert Park Greenmarket
Second Avenue & 91st Street, 9am–3pm

A lively market with neighbors gathering over an abundant array of produce and goods. Vendors include:

American Pride Seafood, Meredith’s Country Bakery, Tivoli Mushrooms, Riverine Ranch & Halal Pastures, Norwich Meadows, Grandpa’s Farm, and Phillips Farms.

Every Thursday – Lenox Hill Farmstand
NW Corner of First Avenue & 70th Street, 11am–4pm

Stock up on 100% local, mostly organic fruits, veggies, honey, jams, grains, maple syrup, eggs, flour, and salsas. Plus—weekly food demos and a must-read Farmstand newsletter!

Construction Updates

What's Happening Here?

Improve Cyclist Comfortability

Widen Bike Lanes

2 Ave, E 74 St - E 96 St
Intersection Safety Improvements

Increase Pedestrian Space

Shorten Pedestrian Crossings

NYC DOT will implement a wider protected bike lane on 2 Ave between 74 St & 96 St and intersection improvements at 74 St, 80 St, 82 St, 84 St, 88 St, 90 St, 92 St, and 94 St:

- Install painted pedestrian spaces and shorten crossing distances at proposed intersections
- Widen curbside parking protected bike path
- Protect cyclists at intersection with vertical elements and designated lane
- Improve visibility and slow turns at intersections
- Establish curb extensions on 80 St and 74 St at 2 Ave

Implementation begins October 2025



For additional information about this project, contact the NYC DOT Manhattan Borough Commissioner's Office at **212-839-6210** or visit our website: nyc.gov/dot
To sign up for NYC DOT updates, visit nyc.gov/dotnews

**VISION
ZERO**
Building a
Safer City



Chapin School Building Work Update

The Chapin School continues its Local Law 11 exterior repairs, which are scheduled through October 25. Permitted work hours are 7:00 a.m. to 4:00 p.m.

The school will continue to share updates as more information becomes available. Residents with questions can contact the Chapin School facilities team at Facilities@chapin.edu.

Transportation Advisories

❑ OMNY System Upgrade This Weekend

The MTA will perform a planned OMNY system upgrade from 10:00 PM Friday, October 3 to 7:00 PM Sunday, October 5. During this time:

- You cannot buy or reload OMNY cards online, at vending machines, retail locations, or Customer Service Centers.

- Tap-to-pay will still work with OMNY cards, contactless bank cards, or mobile wallets, but fare charges may be delayed until after the upgrade.
- Online account features, trip history, and some Reduced-Fare services will be temporarily unavailable.

Riders are encouraged to reload OMNY cards before 10:00 PM on Friday or use a contactless bank card or mobile device for weekend travel. Charges and trip history will settle within a day or two after the upgrade.

Learn more at omny.info.

MTA to Swap F/M Lines to Improve Reliability

Starting December 8, 2025, the MTA will swap the F and M train routes between Manhattan and Queens. This change eliminates a merge at Queens Plaza that has caused delays for Queens Boulevard riders, benefiting 1.2 million daily commuters with faster, more reliable trips.

- F Train: Will run via the 53rd Street line and Queens Plaza.
- M Train: Will run via the 63rd Street line and Roosevelt Island.

Weekday service from 6:00 a.m. to 9:30 p.m. will reflect the new routing, while evenings, nights, and weekends remain unchanged. The swap will reduce congestion, improve on-time performance, and allow for station upgrades at 21 St–Queensbridge, including new lighting, ADA tactile strips, and improved signage.

Learn more and see updated maps at mta.info/fmswap.



M66 Westbound Bus Stop Temporarily Relocated

The MTA M66 westbound bus stop that was previously located at E 67th St and York Ave has been temporarily moved to E 68th St and York Ave. This relocation, implemented by the Department of Transportation (DOT), is expected to remain in place through 2030 while the Pavilion is under construction.

Signage will be posted near the original stop to alert riders to the change. The relocation is intended to enhance community safety and minimize service interruptions.

Residents with questions can contact MSK Community Engagement at communityaffairs@mskcc.org.

[Community Update: September 26, 2025](#)

[Community Update: September 19, 2025](#)

[Community Update: September 12, 2025](#)

[Community Update: September 5, 2025](#)

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